

February 25, 2003

To: Supervisor Yvonne Brathwaite Burke, Chair
Supervisor Gloria Molina
Supervisor Zev Yaroslavsky
Supervisor Don Knabe
Supervisor Michael D. Antonovich

From: David E. Janssen
Chief Administrative Officer

CHILDREN AND YOUTH PHYSICAL FITNESS

On August 27, 2002, your Board instructed my office, with the participation of the Departments of Health Services (DHS), Parks and Recreation (Parks), Children and Family Services (DCFS), Human Resources (DHR), and the Los Angeles County Office of Education (LACOE) to: 1) develop an action plan and timeline for Board approval to implement recommendations of the Report (Paving the Way for Physically Fit and Healthy Children); 2) identify existing resources that can support implementation and/or grant opportunities to provide additional resources; and 3) report back to the Board in 90 days.

On November 27, 2002, I provided you with a status report on the actions taken to date to develop the requested action plan and identify resources to support implementation. My office convened a workgroup, which included representatives of the departments/agencies identified in your instructions that are impacted by the recommendations. Information was collected to confirm what the County is currently doing to support children and youth physical fitness. Community input was also sought as part of the workgroup's data collection process.

The development of the action plan and timeline was also linked with other efforts that are underway to promote children and youth physical fitness. Both LACOE and DHS are finalizing strategic plans that will include specific actions associated with the Report recommendations.

Meetings also occurred with the Los Angeles County Labor-Management Advisory Committee on Productivity (LMAC) to further link County departmental initiatives with the County's existing Employee Wellness Program.

Attached is the action plan and timeline for implementation of the Task Force on Children and Youth Physical Fitness recommendations that was requested by your Board. It resulted from the activities undertaken by the workgroup. Significant action steps of the plan include the following:

- By March 2003, all future County vending machine Request for Proposals and contracts will contain language requiring contractors to make healthy foods/snacks and beverages available in vending machines at County facilities;
- By April 30, 2003, a legislative policy statement will be presented for your Board's consideration that promotes physical activity and healthy eating, and supports the reduction of obesity in the children and youth of Los Angeles County;
- By June 30, 2003, LACOE will seek endorsement of its Strategic Plan by the County Board of Education;
- By December 31, 2003, DCFS will expand its training process for foster care families to incorporate nutrition and physical fitness education; and
- The County's existing Employee Wellness Program will enhance its efforts by supporting regular wellness articles in the County Digest and departmental newsletters; promoting wellness on County Web sites; utilizing DHS/Public Health staff as speakers for wellness workshops; and promoting, within fiscal constraints, the expansion of Healthy Connections seminars to facilities outside of the Civic Center.

An implementation workgroup will be established with DHS initially serving as Chair. County departments will be requested to confirm their workgroup appointee to work in collaboration with community stakeholders to ensure that the action plan steps are completed. If you have any questions or need additional information please contact me, or your staff may contact Carlos Pineda at (213) 974-4650.

DEJ:ASD
CP:MDC

Attachments

c: Thomas Garthwaite, M.D., DHS
Tim Gallagher, Parks
Marjorie Kelly, DCFS
Mike Henry, DHR
Darline P. Robles, LACOE
Bud Treece, Chair, LMAC

Youth Physical Fitness Action Plan

Recommendation #1: Secure funding through grants, donations, taxation, and/or utilization of County general funds to support policies, programs, research, and public awareness campaigns to create an environment in Los Angeles County that encourages physical activity, healthy eating, and reduces the prevalence of overweight children and youth.

Action	Lead/Participants	Start Date	End Date	Comments
1. Compile list of County and non-County funds supporting policies, programs, research, and public awareness campaigns that encourage physical activity, healthy eating, and reducing the prevalence of overweight children and youth.	Physical Fitness Workgroup (Workgroup) Chair Participants: Workgroup Members (DHS, Parks and Recreation, DCFS, DHR, and LACOE) & CAO-Budget & Operations Management Branch (BOMB)	3/25/03	6/30/03	Workgroup member departments will assign appropriate budget/program staff to compile their list of County and non-County funds dedicated for stated purposes. Workgroup member appointee(s) will present compiled list to Workgroup and coordinate any subsequent departmental action required to pursue funding opportunities. Workgroup Chair will coordinate efforts of Workgroup and produce a combined list of said funds and their respective uses. CAO-BOMB will provide technical assistance, as deemed appropriate, to aid the Chair in developing funding proposals.
2. Monitor and disseminate information regarding County and non-County funding opportunities.	Workgroup Chair Participants: Workgroup	4/30/03	10/31/03	Workgroup member departments will assign appropriate staff to identify, track, and maintain an updated list of potential opportunities supporting stated Workgroup goals. Workgroup appointee(s) will regularly communicate potential funding opportunities to the Workgroup. CAO-SIB will assist Workgroup in exploring feasibility of developing centralized capacity for maintaining potential funding opportunity data received from members.

Youth Physical Fitness Action Plan

Action	Lead/Participants	Start Date	End Date	Comments
3. Support the development of applications for funds encouraging physical activity, healthy eating, and reducing the prevalence of overweight children and youth.	Workgroup Chair Participants: Workgroup	3/25/03	Ongoing	Workgroup member appointees will coordinate their departments' response/support in pursuit of potential funding opportunities. Workgroup Chair will coordinate support and response of Workgroup to bolster current efforts of Department of Parks and Recreation's <i>Healthy Parks Initiative</i> to obtain funding from First Five LA; as well as pursue additional efforts related to the goals of the Workgroup.
4. Track awarded contracts to determine possible areas for collaboration among County departments and stakeholders.	Workgroup Chair Participants: Workgroup	3/25/03	Ongoing	Workgroup member departments will assign appropriate staff to track and maintain an updated inventory of awarded contracts related to Workgroup goals. Workgroup member appointee(s) will coordinate departmental analysis of potential areas of collaboration and communicate analysis to the Workgroup.
5. Support events promoting physical activity, healthy eating, and reducing the prevalence of overweight children and youth.	DHS Participants: Workgroup	3/25/03	Ongoing	DHS will coordinate Workgroup efforts to obtain departmental and Board support for events promoting physical activity, healthy eating, and reducing the prevalence of overweight children and youth. Two current activities include the <i>VERB Campaign</i> (kick-off: April 12, 2003) and the <i>Healthy Schools Banner Campaign</i> .
6. Support LACOE's strategic plan to facilitate the development of a <i>Coordinated School Health Program (CSHP)</i> at each local education agency throughout the County.	LACOE	4/01/03	6/30/03	LACOE's internal Action Plan Committee will present a plan to their Board for endorsement/support. Use <i>California's Blueprint: Building Infrastructure for Coordinated School Health</i> (California Department of Education and the California Department of Health Services) as a guide for developing programs. Use the <i>Center for Disease Control and Prevention's School Health Index for Physical Activity and Healthy Eating</i> as a tool for

Youth Physical Fitness Action Plan

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Recommendation #2: Promote joint/shared use of facilities among schools, parks, libraries, health care clinics, and community-based organizations to increase opportunities for physical activity and healthy eating in community settings.

Action	Lead/Participants	Start Date	End Date	Comments
1. Analyze current opportunities for joint/shared use of facilities to increase physical activity and healthy eating in community settings.	Workgroup Chair Participants: Workgroup	3/25/03	9/26/03	Workgroup member departments will assign appropriate staff to analyze existing departmental joint-use agreements for purposes stated. Workgroup Chair will coordinate Workgroup efforts to identify potential areas of collaboration and to take any subsequent actions required to support them. Support efforts by Department of Parks and Recreation's <i>Healthy Park Initiative</i> to maximize joint-use potential.
2. Develop policies and programs encouraging the joint-use of facilities and/or the creation of new and adequate inside and outside spaces for food services, physical activity and education in all new housing developments or remodeling plans controlled by schools, parks, libraries, health care clinics, and community-based organizations.	Workgroup Chair Participants: Workgroup & aforementioned, <i>non-Workgroup departments</i>	10/1/03	12/31/03	Request that aforementioned, <i>non-Workgroup departments</i> assign appropriate staff to assist Workgroup with the development of said policies and guidelines. Workgroup Chair will coordinate Workgroup and non-Workgroup member departments to develop a set of guidelines and policy statements/recommendations that encourage the joint-use of facilities and/or the creation of new, adequate inside and outside spaces for the purposes stated. Request CAO-Real Estate Division to assist with the development of any joint-use agreements/contracts as needed.
3. Support LACOE's strategic plan as related to supporting the development of policies and programs creating adequate inside and outside space on-site or through joint-use of new school construction and remodeling plans.	LACOE	4/01/03	6/30/03	LACOE's internal Action Plan Committee will present a plan to their Board for endorsement/support. Models of quality facilities will be promoted within LACOE Districts.

Youth Physical Fitness Action Plan

Recommendation #3: Support development and passage of Local, State, and Federal legislation and policy that: 1) Increases the amount and quality of physical education and nutrition education mandated for school aged children, 2) Increases the number of credentialed physical education and nutrition education teachers, 3) Increases space allocated for physical education activities, 4) increases funding for adequate physical education equipment in schools, and 5) Decreases physical education class size.

Action	Lead/Participants	Start Date	End Date	Comments
1. Monitor Local, State and Federal legislation and policy promoting physical fitness and healthy eating.	Workgroup Chair Participants: Workgroup	3/25/03	Ongoing	Workgroup member departments will assign appropriate staff to monitor legislation and policies promoting physical fitness and healthy eating. Workgroup appointee(s) will present, as necessary, legislation and policies to Workgroup and coordinate any subsequent action(s) required of their departments.
2. Workgroup to develop legislative policy statement for Board's consideration.	Workgroup Chair Participants: Workgroup	3/25/03	4/30/03	Workgroup Chair will ensure any necessary coordination among Workgroup member departments.
3. Request Board to consider endorsing pending legislation and regulatory issues that promote physical fitness and healthy eating.	Workgroup Chair Participants: Workgroup & CAO-Intergovernmental Relations Branch (IGR)	3/25/03	Ongoing	Based on comments above, Workgroup member departments will channel recommendations to their respective CAO-IGR contact(s). Workgroup Chair will ensure any necessary coordination among Workgroup member departments.
4. Inform community stakeholders of legislation and policy endorsed by Board promoting physical fitness and healthy eating.	DHS Participants: Workgroup	3/25/03	9/30/03	Workgroup Chair will ensure Workgroup develops protocol for disseminating information regarding legislation and policies adopted by the Board.
5. Participate in Local and State stakeholder meetings aimed at increasing physical fitness and healthy eating.	Workgroup	As Required	As required	
6. Support LACOE's strategic plan, providing direct and technical services to school districts to promote professional development, appropriate staffing, standards-based instruction, appropriate facilities and adequate instructional materials that result in quality physical education/physical activity experiences for every student.	LACOE	4/01/03	6/30/03	LACOE's internal Action Plan Committee will present a plan to their Board for endorsement/support. <i>Fitnessgram</i> results and additional measures will be used to assess the progress of students and programs.

Recommendation #4: Encourage all school districts to adopt the following SB 19 nutritional standards at all grade levels for foods sold outside of the Federal meal program: 1) Food may have no more than 35% of its calories from fat and 10% of its calories from saturated fat; 2) Food may have no more than 35% sugar by weight; and 3) The only beverages that may be sold to students are milk, water, or juice that is at least 50% fruit juice with no added sweeteners.

Action	Lead/Participants	Start Date	End Date	Comments
1. Support LACOE's strategic plan to promote SB 19 nutritional standards in school districts throughout the County of Los Angeles.	LACOE	4/01/03	6/30/03	LACOE's internal Action Plan Committee will present a plan to their Board for endorsement/support.

Youth Physical Fitness Action Plan

Recommendation #5: Implement a model comprehensive worksite wellness program for County of Los Angeles employees. A comprehensive program should consist of the following components: 1) Policies and environments that support healthy eating, physical activity participation, and breastfeeding promotion; 2) Health promotion education; 3) Targeted prevention and health screening services; and 4) Comprehensive health insurance coverage.

Action	Lead/Participants	Start Date	End Date	Comments
1. Continue developing policies and creating environments supporting healthy eating, physical activity participation, and breastfeeding promotion.	LMAC & DHR	Ongoing	Ongoing	<p>The County currently has policies in place promoting healthy lifestyles through nutrition and physical activity (<i>Worksite Wellness Program</i>). To that end, the Board of Supervisors and the Los Angeles County Labor-Management Advisory Committee on Productivity Enhancement (LMAC) promotes activities for all County employees, including 4-5 Wellness Fairs per year. Monthly Healthy Connections Seminars for Civic Center employees, quarterly Wellness Workshops, a Pilot Health and Fitness Program, and a Breastfeeding Promotional Program are sponsored by DHR.</p> <p>LMAC has provided a letter of support outlining continued sponsorship of the County's Employee Worksite Wellness Program.</p>
2. Continue initiatives promoting health education.	LMAC & DHR	Ongoing	Ongoing	Promote health education to County employees via: Wellness Fairs; Wellness Workshops; Healthy Connections Seminars for Civic Center employees; Departmental Newsletters; Department Wellness activities; health insurance carrier newsletters; and an Employee Benefits Web site.
3. Continue sponsoring prevention and health screening services for a targeted population.	LMAC & DHR	Ongoing	Ongoing	Employees (and their dependents) enrolled in a County sponsored medical plan have access to specific and targeted disease management and prevention programs provided free of charge by their health insurance carriers. Employees receive information about these programs through general newsletters and targeted mailings from health insurance carriers for those at risk.

Youth Physical Fitness Action Plan

Action	Lead/Participants	Start Date	End Date	Comments
4. Continue providing comprehensive health insurance coverage.	CAO, DHR, & County Unions	Ongoing	Ongoing	The County provides comprehensive health insurance coverage to its permanent full-time employees, certain part-time and temporary employees and those receiving benefits coverage through COBRA.
5. Add language to all County vending machine RFPs and contracts requiring that contractor(s) should make healthy foods/snacks and beverages available in vending machines at County facilities.	CAO - Real Estate Division	3/2003	Ongoing	CAO-Real Estate Division administers the County's vending machine contracts and will incorporate language into future RFPs and contracts, starting next procurement cycle (March 2003).
6. Support LACOE's strategic plan to establish and promote policies and environments in the workplace that support healthy eating, physical fitness, and breastfeeding.	LACOE	4/01/03	6/30/03	LACOE's internal Action Plan Committee will present a plan to their Board for endorsement/support. Health Promotion Education will be included in Frontline Management.

Recommendation #6: Appoint accountable County department personnel to work in collaboration with community-based committees and agencies to develop an implementation plan of the recommendations and to monitor the plan's progress.

Action	Lead/Participants	Start Date	End Date	Comments
1. County departments/agencies to confirm staff currently assigned to the <i>Physical Fitness Workgroup</i> or assign another staff member to replace the current member. Community stakeholders for each member department will be identified and their participation on the Workgroup solicited.	Workgroup Chair Participants: Workgroup	2/25/03	3/25/03	By the time of the first meeting of the Workgroup, member departments will confirm appropriate level staff to carryout responsibilities as outlined in this document. DHS shall serve as the Workgroup's initial Chair.
2. The <i>Physical Fitness Workgroup</i> will monitor implementation of action plan for addressing the recommendations contained in the <i>Task Force on Children and Youth Physical Fitness Report</i> .	Workgroup Chair Participants: Workgroup	3/25/03	12/31/03	The newly confirmed Workgroup Chair will ensure all action steps are completed in a timely manner with the assistance of all County departments/entities, as outlined in this document.

2/25/03